CHOICES OF SUCCESSFUL STUDENTS

(Find strategies for promoting these eight success principles at www.OnCourseWorkshop.com)

SUCCESSFUL STUDENTS	STRUGGLING STUDENTS
1. …accept **PERSONAL RESPONSIBILITY**, seeing themselves as the primary cause of their outcomes and experiences	1. …see themselves as Victims, believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others.
2. …discover **SELF-MOTIVATION**, finding purpose in their lives by discovering personally meaningful goals and dreams.	2. …have difficulty sustaining motivation, often feeling depressed, frustrated, and/or resentful about a lack of direction in their lives.
3. …master **SELF-MANAGEMENT**, consistently planning and taking purposeful actions in pursuit of their goals and dreams.	3. …seldom identify specific actions needed to accomplish a desired outcome. And when they do, they tend to procrastinate.
4. …employ **INTERDEPENDENCE**, building mutually supportive relationships that help them achieve their goals and dreams (while helping others do the same).	4. …are solitary, seldom requesting, even rejecting, offers of assistance from those who could help.
5. …gain **SELF-AWARENESS**, consciously employing behaviors, beliefs, and attitudes that keep them on course.	5. …make important choices unconsciously, being directed by self-sabotaging habits and outdated life scripts.
6. …adopt **LIFE-LONG LEARNING**, finding valuable lessons and wisdom in nearly every experience they have.	6. …resist learning new ideas and skills, viewing learning as fearful or boring rather than as mental play.
7. …develop **EMOTIONAL INTELLIGENCE**, effectively managing their emotions in support of their goals and dreams.	7. …live at the mercy of strong emotions such as anger, depression, anxiety, or a need for instant gratification.
8. …**BELIEVE IN THEMSELVES**, seeing themselves capable, lovable and unconditionally worthy human beings.	8. …doubt their competence and personal value, feeling inadequate to create their desired outcomes and experiences.

Skip Downing. ***On Course: Strategies for Creating Success in College and in Life.***